

1Turkey Tetrazzine5

Number of Servings: 5 (188.56 g per serving)

Amount	Measure	Ingredient
10.00	oz	Turkey, fryer/roaster, whole, w/skin, rstd
4 3/4	oz	Pasta, spaghetti noodles, whole wheat, dry
1 1/2	Tbs	Pimentos, cnd
2 1/4	tsp	Parsley, dried
4 3/4	Tbs	Onion, white, fresh, chpd
3 1/2	tsp	Peppers, bell, green, sweet, fresh, chpd
4 3/4	Tbs	Mushrooms, cnd, drained, pces/slices
3 1/4	Tbs	Flour, all purpose, white, bleached, enrich
1/8	tsp	Spice, pepper, black
3/8	oz	Base, chicken, low sod, 0144, FS
1 1/3	cup	Water, municipal
1 3/4	oz	Cheese, cheddar, low fat, shredded

Nutrients per serving

Nutrition Facts			
Serving Size (189g)			
Servings Per Container			
Amount Per Serving			
Calories 240		Calories from Fat 40	
		% Daily Value*	
Total Fat 4.5g		7%	
Saturated Fat 1.5g		8%	
Trans Fat 0g			
Cholesterol 60mg		20%	
Sodium 200mg		8%	
Total Carbohydrate 27g		9%	
Dietary Fiber 4g		16%	
Sugars 2g			
Protein 24g			
Vitamin A 2%		• Vitamin C 10%	
Calcium 8%		• Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Notes

Buy diced, unsalted turkey 2 oz/serving (1# = 16 oz) OR
Raw turkey, As Purchased, 14# will yield approximately 12 cups (4#) diced meat
Roast fresh turkey and dice to equal correct # of pounds. 1# diced meat = ~ 3 cups

Dice turkey. Add drained and measured pimento and mushrooms, parsley, chopped onion and green peppers.
Blend flour, low sodium chicken base and pepper and add to meat/vegetable mixture. Cook 5 minutes to heat mixture and brown, stirring constantly. Add water, stirring constantly, cook until thickened.

Cook whole wheat spaghetti according to directions. Drain. Combine cooked whole wheat spaghetti with turkey and sauce. Scale into non stick spray sprayed 12X20" baking pans (2/100 servings, use smaller pans for smaller yields). Sprinkle with shredded low fat cheese. Bake at 350 degrees for 40 minutes or until heated through and bubbly.

1 serving = 1 cup

1 serving = protein + 1 whole grain serving

1 serving = 27-4 grams carbohydrate = 1 1/2 carb serv